

ABSTRACT

A system and method for passive hypoxic training provides a person with a low oxygen (hypoxic) environment. Oxygen sensors automatically monitor and control oxygen levels to maintain the altitude desired. CO₂ levels are monitored and CO₂ is 5 eliminated so that the air a person breathes is substantially clean and fresh. Exposure to a high altitude environment produces physiological changes in a person's body, which becomes more efficient at absorbing and transporting oxygen. Using the present method and system, athletes obtain the benefits of sleeping at a simulated altitude in the user's own home for six to twelve hours, rather than traditional altitude therapies in which 10 athletes spend two to three weeks at high altitude before an athletic competition to obtain similar benefits. This system allows for "live high train low" altitude training that has been shown in controlled studies to provide superior benefits to "live high train high" training.